

# Monroe County Mental Health Resource Guide



**YOUR GUIDE TO RESOURCES IN YOUR AREA**

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This guide is brought to you by the Monroe County Mental Health Coalition.

Mission: Improve access to mental wellness services and reduce stigma across the generations

To join the coalition or for questions, contact Kayleigh Day, Community Health Educator,  
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## Mental Health

### What is it?

“Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.”

(Source: Mentalhealth.gov, 2017)

*“Caring for the mind is as important and crucial as caring for the body. In fact, one cannot be healthy without the other.”*

## Hotlines

### **Northwest Connections (24 hrs. /day): 1-888-552-6642**

24 hour Mental Health and AODA Crisis Line *for Monroe County residents*. Provides information, support, counseling, and emergency services help to anyone dealing with a mental health crisis

### **National Suicide Prevention Lifeline (24/7) 1-800-273-8255**

**TTY: (800)799-4889 Spanish: 1-888-628-9454**

If you're thinking about suicide, are worried about a friend or loved one, or would like emotional support, the Lifeline network is available 24/7 across the United States. Free and confidential.

### **Great Rivers 211 (24 hrs. /day): 2-1-1 or (800)362-8255\***

**TTY: (866)884-3620**

**Text-Line:** To begin, text your zip code to 89821, available Mon-Fri afternoons & evenings

**Website:** [greatrivers211.org](http://greatrivers211.org) (chat available Mon-Fri 8:00a.m.-4:00 p.m.)

Free, confidential community information, recommendations and crisis line services 24 hours a day

### **NAMI Helpline (M-F 9am-5pm): 1-800-950-6264**

Provides information about mental health conditions including: symptoms of mental health conditions, treatment options, local support groups and services, education programs, helping family members get treatment, programs to help find jobs, legal issues (does not provide individual representation).

### **The Trevor Lifeline: (866)488-7386**

**TrevorText:** Text "START" to 678678. Available Monday-Friday, 2pm-9pm

**Website:** [trevorproject.org](http://trevorproject.org) (TrevorChat available 7 days/wk. 2-9pm)

Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth (25 and under).

### **Veterans Crisis Line (24/7): 1-800-273-8255 press 1**

**Veterans Text line: 838255**

**Chat:** <https://www.veteranscrisisline.net/get-help/chat>

**Website:** <https://www.veteranscrisisline.net/>

Provides free, confidential, 24/7/365 support to all vets, service members, National Guard & reserve, and their family members and friends

### **Well Badger Resource Center *Formerly Wisconsin First Step***

**(Mon-Fri 7am-6pm): 1-800-642-7837\***

**Website:** [wellbadger.org](http://wellbadger.org)

Provides information and connects families and professionals to Family services (FoodShare, WIC, Wisconsin Works, Childcare Subsidy), Healthcare (BadgerCare Plus, Well Woman, Mental Health Services, Medicaid Disability), Women's Health (Prenatal Health, Ultrasound Providers, Adoption Resources, Family Planning), and Parenting (Birth to Three, Children with Special Needs, Home Visiting, Katie Beckett Ins)

**Western Region for Economic Assistance: 1-888-627-0430**

Determines eligibility and enrollment for the following programs: Medicaid, FoodShare, FoodShare Employment and Training (FSET) Program, Childcare, Caretaker Supplement (CTS), WHEAP- Energy (Heating) Assistance for Buffalo, Clark, Jackson, La Crosse, Monroe, Pepin, Trempealeau, and Vernon counties.

**Text Lines**

**Great Rivers 211: Text your zip code to 898211**

Texting available Mon-Fri afternoons & evenings  
Free, confidential community information,  
Recommendations and crisis line services 24/day

**HOPELINE: Text “HOPELINE” to 741741**

HOPELINE Text Line serves anyone in any type of situation, providing them access to free, 24/7 emotional support and information they need via text.

**The Trevor Lifeline: Text “START” to 678678.**

Available Monday through Friday between 2pm–9pm  
Provides crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth under 25.

**Veterans Text line: Text 838255**

Provides free, confidential, 24/7/365 support to all vets, service members, National Guard & reserve, and their family members and friends

## **Mental Health Services**

### **Gundersen Behavioral Health Clinics\***

1111 W. Wisconsin Street      601 N. Superior Avenue, STE 2  
Sparta, WI 54656                      Tomah, WI 54660  
(608) 269-1588                      (608) 374-3853

### **Gundersen Behavioral Health La Crosse\***

1900 South Avenue, La Crosse, WI 54601  
Outpatient Services: (608) 775-2287  
Inpatient Services :( 608) 775-3523 / (800)362-9567, ext.53523  
Interpreter (Spanish/ASL): (608) 782-7300 or (800) 362-9567

### **Mayo Clinic Behavioral Health Clinics\***

310 W. Main St.                      325 Butts Ave.  
Sparta, WI 54656                      Tomah, WI 54660  
(608) 269-4132                      (608) 372-5999

### **Mayo Clinic Behavioral Health – La Crosse\***

212 11th St. S, La Crosse, WI 54601  
Outpatient Services: 608-392-9555  
TTY: 855-322-0653  
Spanish: 866-322-0653

### **Scenic Bluffs\***

238 Front Street, Cashton, WI 54619  
(608) 654-5100

### **Hiawatha Valley Mental Health Center**

313 4th Street South, La Crosse, WI 54601  
(608) 796-1168

### **Monroe County Department of Human Services**

112 South Court Street, Sparta, WI 54656  
(608) 269-8600

#### ➤ **Comprehensive Community Services (CCS) Program**

Medicaid benefit program for individuals of all ages who need ongoing services for a mental illness, substance use disorder, or a dual diagnosis beyond occasional outpatient care, but less than the intensive care provided in an inpatient setting

#### ➤ **Community Support Program (CSP)**

Medicaid benefit program that provides comprehensive mental health, substance abuse, and case management services to adults diagnosed with a severe and persistent mental illness

## **Counseling**

### **Black River Falls**

#### **Krohn Clinic**

610 W. Adams St, Black River Falls, WI  
715-284-1887

### **Cashton**

#### **Scenic Bluffs\***

238 Front Street, Cashton, WI  
(608) 654-5100

### **Elroy/Hillsboro/Wonewoc**

#### **Gundersen St. Joseph's Elroy Clinic\***

1705 Omaha Street, Elroy, WI  
(608) 462-4116

#### **Gundersen St. Joseph's Hillsboro Clinic\***

400 Water Ave., Hillsboro, WI  
(608) 489-8280

#### **Gundersen St. Joseph's Wonewoc Clinic\***

301 Railroad Street, Wonewoc, WI  
(608) 464-3575

### **La Crosse/Onalaska**

#### **Driftless Recovery Services**

444 Main St., STE 301, La Crosse, WI  
Phone: 608 519-5906  
[www.driftlessrecovery.com](http://www.driftlessrecovery.com)

#### **Family & Children's Center**

1707 Main Street, La Crosse, WI  
(608) 785-0001

#### **Garrison Counseling**

319 Main Street, Suite 510, La Crosse, WI  
(608) 796-1114

#### **Gundersen Behavioral Health Clinics\***

1900 South Avenue, La Crosse, WI  
(608)775-2287

123 16th Avenue S., Onalaska, WI

(608) 775-2287

#### **Hiawatha Valley Mental Health Center**

313 4th Street South, La Crosse, WI  
(608) 796-1168

#### **Mary Riedel Counseling**

505 King St Suite 227 La Crosse, WI  
(608) 799-1208

#### **Mayo Clinic Behavioral Health Clinics\***

212 11th St. S, La Crosse, WI  
608-392-9555

191 Theater Road, Onalaska, WI

608-392-5000

#### **Peace of Mind Counseling**

115 5th Ave S STE 507, La Crosse, WI  
(608) 797-5679

#### **Stein Counseling**

5th Braund Street, Onalaska, WI  
(608) 509-7370 X222

#### **The Therapy Place**

600 North 3rd St. Suite 206 La Crosse, WI  
608-519-5546

### **Sparta**

#### **Gundersen Behavioral Health Clinic\***

1111 W. Wisconsin Street, Sparta, WI  
(608) 269-1588

#### **Mayo Clinic Behavioral Health Clinic\***

310 W. Main St. Sparta, WI  
(608) 269-4132

#### **Monroe County Department of Human Services**

14301 County HWY B, Sparta, WI  
(608) 269-8600

**Tomah**

**Arrow Behavioral Health Services**

1021 N. Superior Ave. Ste. 13, Tomah, WI  
(608)387-9638

**Gundersen Behavioral Health Clinic\***

601 N. Superior Avenue, STE 2 Tomah, WI  
(608) 374-3853

**Mayo Clinic Behavioral Health Clinic\***

325 Butts Ave., Tomah, WI  
(608) 372-5999

**Viroqua**

**Family and Children's Center**

1321 North Main Street, Viroqua, WI  
(608) 637-7052

**Gundersen Behavioral Health\***

407 South Main Street, Viroqua, WI  
(608) 637-3195

**Viroqua Counseling and Health Center\***

122 W. South Street, Viroqua, WI  
(608) 637-2511



## **Military & Veterans Resources**

**Veterans Crisis Line (24/7): 1-800-273-8255 press 1**

**Text line: 838255**

**Chat:**

<https://www.veteranscrisisline.net/get-help/chat>

**Website:** <https://www.veteranscrisisline.net/>

Provides free, confidential, 24/7/365 support to all vets, service members, National Guard & reserve, their family members and friends

### **Monroe County Veteran's Service Office**

202 South K Street, Sparta, WI

Phone: 608-269-8726

Website:

<http://www.co.monroe.wi.us/departments/veterans-services/>

### **Tomah VA Medical Center**

500 E. Veterans Street Tomah, WI

Phone: 608-372-3971

Toll-Free Phone: 1-800-872-8662

### **VA River Valley Outpatient Clinic**

2600 State Road, La Crosse, WI

Phone: 608-784-3886

Behavioral Health services include: individual, group and family counseling, and programs such as QuitSmart Smoking Cessation.

### **Vet Center**

20 Copeland Ave., La Crosse, WI

Phone: 608-782-4403 or 608-782-4403

## **Ho-Chunk Nation Resources**

### **Ho-Chunk Nation Behavioral Health-Tomah**

Mental Health & AODA Counseling

430 Julie Street Suite 2, Tomah, WI

Phone: 715-284-9851 ext. 5014

### **Ho-Chunk Health Care Center - Black River Falls**

W9855 Airport Rd. Black River Falls, WI

Phone: (715) 284-9851/ (888) 685-4422

### **Three Rivers House-La Crosse**

724 Main Street, La Crosse, WI

Phone: (608) 784-3083

## **Domestic Violence/Sexual Assault Resources**

### **Brighter Tomorrows\***

**Sparta Office:** 505 Douglas Street Sparta, WI **Phone:** 608.269.7853

**Tomah Office:** 1118 West Veterans Street Tomah, WI **Phone:** 608.374.6975

**Crisis Line:** 1-888-886-2327

All services are free, confidential, voluntary, & accessible. No documentation necessary. Services include: 24 hour crisis line, information and referral, legal advocacy, medical advocacy, personal advocacy, crisis support, safety planning, emotional support, support group, and community education

### **Gundersen Domestic Violence & Sexual Assault Program\***

**Phone :** ( 608) 775-3454 **Toll free:** (800) 362-9567, ext. 53454

**24-Hour Crisis Line:** (608) 775-5950 **Toll-free:** (800) 362-9567, ext. 55950

Provides ongoing support, legal, medical, and human services advocacy, crisis intervention, safety planning, and referrals to community resources, multilingual and multicultural availability, and the Sexual Assault Nurse Examiner program.

#### **Sexual Assault Nurse Examiner (SANE) Program\***

SANE nurses are available to provide objective forensic examinations, education and support to victims (all ages) of sexual assault or domestic violence. For questions or advice, contact a SANE nurse at (608) 775-3128 or call Nurse Advisors at (608) 775-4454. Both are confidential and available 24/7.

<http://www.gundersenhealth.org/services/emergency-urgent-care/sexual-assault-nurse-examiners/>

### **New Horizons\***

1223 Main St. La Crosse, WI **Office Phone:** 608-791-2610

**Crisis Line:** 608-791-2600 (TTY available) **Toll free:** 1-888-231-0066 (TTY available)

All services are free, confidential, and voluntary. Services include: 24 Hour Crisis Line, Support Groups, Resource Advocacy, Legal Advocacy, Trauma Counseling, Youth & Family Advocacy, Diversity Advocacy, Anti-Human Trafficking, and Community Education and Awareness

### **Safe Path -Mayo Clinic Health System\***

800 West Ave S (located in Center for Women's Health), La Crosse, WI

**Phone:** 608-392-7804 (24/7) **Toll free:** 800-362-5454, ext. 7804 (24/7)

Free services available from Safe Path include emotional support, information and referral, individual counseling, medical, and human services advocacy, safety planning, crisis intervention, assistance with access to resources, assistance with applying for crime victims' compensation.

#### **Sexual Assault Nurse Examiner (SANE)**

Mayo Clinic Health System provides specially trained Sexual Assault Nurse Examiners (SANEs) to care for people who have been sexually assaulted. They are registered nurses who have received advanced education in the medical-forensic examination of sexual assault victims.

**National Domestic Violence Hotline\***

**24/7 Hotline: 1-800-799-7233**

**TTY: 1-800-787-3224**

**Online chat (24/7): <https://www.thehotline.org/>,**

**Español: El chat en español está disponible todos los días de 12–6 p.m.**

Confidential and free of cost, provides lifesaving tools and immediate support to enable victims to find safety and live lives free of abuse. Highly trained, experienced advocates to offer compassionate support, crisis intervention information and referral services in more than 200 languages.

**National Sexual Assault Telephone Hotline (RAINN)\***

**24/7 Hotline: 1- 800-656-4673**

**Online chat:** [online.rainn.org](https://online.rainn.org/)/**Español:** [rainn.org/es](https://rainn.org/es)

Trained staff can provide confidential support and connect you to resources in your area.

**Department of Defense's (DoD) Safe Helpline**

**24/7 Hotline: 877-995-5247**

**DSN users: 877-995-5247.**

For those unable to call toll-free or DSN, call 202-540-5962

**Chat (24/7): [online.safehelpline.org](https://online.safehelpline.org/) or download app**

Safe Helpline is the hotline for members of the DoD community affected by sexual assault. It is a completely anonymous, confidential, 24/7, specialized service—providing help and information anytime, anywhere

## **Community Groups, Services, and Programs**

### **Aging & Disability Resource Center of Monroe County**

315 West Oak St, Sparta, WI 54656 **Phone:** 608-269-8690 or 888-339-7854

**Resource guide:** <http://adrcmonroeco.org/key-resources/>

The first place to contact for information and assistance relating to aging, disability, mental health or substance abuse

### **The Center: 7 Rivers LGBTQ Connection**

**230 Sixth Street South La Crosse, Wisconsin 54601**

Hours: M-Th 8:00a.m.-8:00p.m., F: 8:00a.m.-noon, Sat: 10a.m.-2:00p.m.

**Phone:** 608-784-0452 **Website:** <https://7riverslgbtq.org/>

Offers a welcoming space for all people regardless of sexual orientation or gender identification, provide a wide variety of support groups, social events, and advocate for LGBT friendly policies and legislation.

### **Coulee Recovery Center/Coulee Council on Addictions**

933 Ferry St., La Crosse, WI 54601

**Phone:** 608-784-4177 **Website:** <http://www.couleecouncil.org/>

A chemical-free environment with a supportive atmosphere for recovery. Bridging the gap to recovery, awareness about substance abuse, and to a healthier lifestyle.

### **Independent Living Resources**

4439 Mormon Coulee Road, La Crosse, WI 54601

**Phone:** 608-787-1111 **Toll Free:** 888-474-5745

**TTY:** 608-787-1148, **Toll Free TTY:** 888-378-2198

**Website:** <http://www.ilresources.org/>

#### **Sparta Location-by appointment only**

Works with people of any age & any disability. Services are free to individuals and community members. Services include: information & referral, skills training, advocacy, transition, & peer support

### **RAVE \* Recovery Avenue**

1806 State Street La Crosse, WI 54601

Hours: M-F: 9:00 am-5:00 pm. 2nd & 4th Sat: Noon – 4: 00 pm

**Phone:** 608-785-9615

**Website:** <http://www.ilresources.org/what-we-do/rave-recovery-avenue/>

A drop-in center for adults 18+ staffed by peers in mental health recovery that offers opportunities to its visitors with no obligation or pressure.

#### **Support Groups Held at RAVE**

Wellness Recovery Group: Wednesdays, 5:00–6:30 PM

Women-to-Women Support Group: Thursdays, 6:00PM

Offers support, strength, care, and empowerment.

**National Alliance on Mental Illness (NAMI)**

NAMI-La Crosse County

For information, classes/education, visit <https://www.namilacrossecounty.org/>

See website for support group times and locations

**NAMI Monroe-Juneau Counties**

For information, classes and education, visit <https://namimonroejuneau.org/>

See website for support group times and locations

**NAMI Vernon County**

For information, classes/education, visit <https://www.namilacrossecounty.org/>

See website for support group times and locations

**Other Area Support Groups**

**The Franciscan Spirituality Center**

Offers various support groups. For information on current groups, times, and location, visit <https://www.fscenter.org/> and click on “Program & Retreat Calendar.”

## Coping Strategies

According to Mental Health America, these 10 tools have been proven to help people feel stronger and more hopeful.

- 1. Connect with others:** Lean on a few people who support you, make friends, strengthen relationships or attend a support group.
- 2. Stay positive:** Practice gratitude, write about a positive future, and look for the “silver lining.”
- 3. Get physically active:** Exercise and be active.
- 4. Help others:** Do nice things for others (e.g., carrying in a neighbors groceries), or volunteer.
- 5. Get enough sleep:** Take steps to sleep better, such as setting a regular bedtime, avoiding caffeine before bed, or creating a bedtime routine.
- 6. Create joy and satisfaction:** Find things that make you laugh, engaging in activities that are fun, practice mindfulness.
- 7. Eat well:** Eat a balanced diet
- 8. Take care of your spirit:** Participate in organized religion, meditation, or connect with yourself.
- 9. Develop a wellness toolbox:** Use coping tools such as writing, tackling problems, shifting thinking, or getting support from others.
- 10. Get professional help if you need it:** Mental health providers can provide counseling, therapy, and prescribe medication.

For more information on these 10 tools, visit <http://www.mentalhealthamerica.net/ten-tools>

Or for more information on other coping strategies, visit <https://www.helpguide.org/>

**If you or someone you know is feeling especially bad or suicidal, get help right away- call Northwest Connections Monroe County’s 24 hour Mental Health and AODA Crisis Line residents at 1-888-552-6642 or call 911.**